

## Fruit Parfait<sup>20</sup>

Number of Servings: 20 (358.67 g per serving)

Amount	Measure	Ingredient
7 1/2	lb	Yogurt, vanilla, nonfat, light, w/asp
2 1/2	qt	Strawberries, fresh, sliced
2 1/2	qt	Blueberries, unswtnd, fzn, pkg
4.00	cup	Cereal, granola, w/o raisins, low fat
1 1/8	cup	Nuts, almonds, slivered

### Nutrients per serving

Nutrition Facts			
Serving Size (359g)			
Servings Per Container			
Amount Per Serving			
Calories 270		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 0.5g		3%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 150mg		6%	
Total Carbohydrate 50g		17%	
Dietary Fiber 6g		24%	
Sugars 28g			
Protein 9g			
Vitamin A 8%		Vitamin C 90%	
Calcium 30%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Layer yogurt and fruit alternately into clear glasses (looks nice in clear glass) and refrigerate. Just before serving add 3 T granola and 1 TBSP slivered almonds o the top of each serving.  
1 serving = ~1 3/4 cup serving = 3 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.